

































## Virginia Beach (outer coast), VA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:12	3.6	10:44	3.2	3:57	0.0	4:37	-0.3	7:16	4:58	
2	Tue	10:58	3.4	11:34	3.3	4:52	0.0	5:24	-0.3	7:16	4:59	
3	Wed	11:46	3.2			5:51	0.1	6:12	-0.3	7:17	4:59	
4	Thu	12:28	3.4	12:41	2.9	6:54	0.2	7:06	-0.3	7:17	5:00	
5	Fri	1:32	3.5	1:47	2.7	8:04	0.2	8:05	-0.3	7:17	5:01	
6	Sat	2:41	3.7	2:58	2.7	9:13	0.1	9:05	-0.4	7:17	5:02	
7	Sun	3:46	3.8	4:05	2.7	10:20	0.0	10:06	-0.4	7:17	5:03	
8	Mon	4:48	4.0	5:10	2.8	11:25	-0.2	11:08	-0.5	7:17	5:04	
9	Tue	5:48	4.1	6:10	2.9			12:24	-0.4	7:16	5:05	
10	Wed	6:43	4.2	7:04	3.1	12:09	-0.6	1:15	-0.5	7:16	5:06	
11	Thu	7:31	4.1	7:54	3.2	1:03	-0.7	1:59	-0.6	7:16	5:07	
12	Fri	8:17	4.0	8:41	3.2	1:51	-0.6	2:42	-0.5	7:16	5:08	
13	Sat	9:00	3.8	9:28	3.2	2:38	-0.5	3:25	-0.5	7:16	5:08	
14	Sun	9:43	3.6	10:15	3.2	3:26	-0.3	4:07	-0.4	7:16	5:09	
15	Mon	10:23	3.3	10:59	3.1	4:16	0.0	4:48	-0.2	7:15	5:10	
16	Tue	11:02	3.0	11:41	3.0	5:06	0.2	5:27	-0.1	7:15	5:11	
17	Wed	11:41	2.7			5:55	0.4	6:06	0.1	7:15	5:13	
18	Thu	12:26	2.9	12:24	2.4	6:47	0.5	6:48	0.2	7:14	5:14	
19	Fri	1:18	2.9	1:17	2.2	7:46	0.6	7:36	0.3	7:14	5:15	
20	Sat	2:19	2.9	2:23	2.1	8:46	0.6	8:28	0.3	7:13	5:16	
21	Sun	3:17	3.0	3:26	2.1	9:42	0.5	9:20	0.3	7:13	5:17	
22	Mon	4:09	3.1	4:20	2.2	10:36	0.4	10:11	0.2	7:12	5:18	
23	Tue	4:58	3.3	5:12	2.3	11:28	0.3	11:03	0.0	7:12	5:19	
24	Wed	5:45	3.4	6:00	2.5			12:13	0.1	7:11	5:20	
25	Thu	6:28	3.6	6:43	2.7			12:52	-0.2	7:11	5:21	
26	Fri	7:08	3.8	7:24	2.9	12:39	-0.3	1:28	-0.3	7:10	5:22	
27	Sat	7:46	3.8	8:05	3.1	1:23	-0.5	2:04	-0.5	7:09	5:23	
28	Sun	8:26	3.8	8:49	3.3	2:06	-0.5	2:43	-0.6	7:09	5:24	
29	Mon	9:08	3.7	9:35	3.4	2:53	-0.5	3:24	-0.6	7:08	5:25	
30	Tue	9:52	3.5	10:23	3.5	3:44	-0.4	4:09	-0.6	7:07	5:26	
31	Wed	10:39	3.3	11:13	3.6	4:39	-0.3	4:56	-0.6	7:06	5:27	